

# WA State Employee Assistance Program

August 2015

## Single Parenting

Are you a single parent raising your children on your own? Raising children in a two-parent home can be stressful. Raising children as a single parent can be overwhelming. Here are some helpful tips about raising children as a single parent.



### How Can I Make Parenting Easier?

**K**eeping yourself organized can make single parenting a bit easier. Here are some simple tips to help you stay on top of your activities:

**Make lists.** Don't try to remember everything. Instead write down your tasks and remember to put the most important things at the top of your list. Crossing off tasks as you complete them will give you

a sense of accomplishment.

**Pay bills all at one time.** Dealing with your finances can be stressful. Set aside regular times to pay your bills so that you complete this task and move on to more enjoyable activities. For more help, you may want to take advantage of free seminars on financial planning at work or in your community.

**Keep a notepad by your phone or bed.** Write down

things as they come to mind. Sometimes our best ideas come when we finally relax.

**Have a schedule and stick to it.** Having a routine can be helpful for both you and your child. Set aside a specific day or night to do your house cleaning, grocery shopping, and errand running each week.

**Read at least 10 minutes each night to unwind.** If your child is old enough,

you can designate a 10 or 15 minute reading time for you and your child. This will help you both relax.

**Assign tasks to older children.** Giving your children their own tasks will not only help you, but it will make them feel good to know they are contributing to the family.

**Share responsibilities with other parents.** Trade off sports or club activities with other parents, you can miss practice once in a while!

### Making Time for Yourself



**E**ven though it may be difficult, it is important to set aside time for yourself. If you need help freeing up your time, try these suggestions:

**Friends and Family.** Sometimes it is hard to ask for favors from those

closest to us. Ironically, friends and family are often the most willing to help. Don't feel guilty about reaching out to those around you.

**Big Brothers Big Sisters of America**  
[www.bbbsa.org](http://www.bbbsa.org). When you are working and raising a

child alone, it may be difficult for you to spend as much one-on-one time with your child as you would like. Organizations like Big Brothers Big Sisters of America are designed for the purpose of helping single parents by pairing up adult volunteers and children.

**Single Parent Support Groups.** Get to know other single parents in your area. If a single parent support group doesn't exist in your neighborhood, start one. Just because you're a single parent doesn't mean you have to do everything alone.

### Call Your EAP

**D**espite these suggestions, raising a child as a single parent may be a lot easier said than done. If these tips don't work for you, or if you need something more, phone the EAP. The EAP can help you find resources and identify goals to be the best parent you can be.